



## THE PHYSICIAN'S *Bookshelf*

**POSTURAL FITNESS—Significance and Variations—**Charles LeRoy Lowman, M.D., Sc.D., F.A.C.S., Chief of Staff Orthopedic Hospital, Emeritus; Director School, Physical Therapy, University of Southern California; and Carl Haven Young, Ed.D., C.C.T., F.A.A.P.M.R., Professor of Physical Education, University of California, Los Angeles. Lea & Febiger, Washington Square, Philadelphia 6, Pa., 1960. 341 pages, 61 illustrations, \$7.50.

The authors draw on a wealth of experience in reconstructive orthopaedic surgery, rehabilitation, and physical education to formulate this very complete and most readable work on posture. They have been able to give the reader an understanding of the basic elements of posture: (1) The significance of each body part; (2) the normal posture and variations from the normal; (3) means of recovery from abnormal posture or postural defects; (4) the description of man's posture in all stages as it develops from infancy to maturity.

The surprisingly high percentage of individuals making up the normal population where postural defects are found is emphasized. The contributing muscular deficiencies in faulty posture are thoroughly explained. Possible means of overcoming these muscular deficiencies are outlined.

These individuals naturally look to the physicians for help in regulating their posture. The authors emphasize that exercises must be far more specific than sports and games for recreation if posture is to be improved. It is then pointed out that resulting improvement in posture may result in improvement in some of the body organ systems such as the respiratory system and the digestive system.

The book will serve as an excellent text for students majoring in physical education, teachers in the area in corrective or adaptive physical education, and for those working in clinical situations, such as physicians, therapists, and nurses. Definite sets of exercises described in complete detail are outlined for various postural deficiencies. Outlines for various types of fitness programs are given.

This text is the result of a complete analysis and treatment of the subject. It is all-inclusive and it is most difficult to think of any pertinent aspect of posture omitted.

J. R. CLOSE, M.D.

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**ELECTROCARDIOGRAPHIC TECHNIQUES—A Manual for Physicians, Nurses and Technicians, Second Revised and Enlarged Edition—**Kurt Schnitzer, M.D. Grune & Stratton, Inc., 381 Fourth Avenue, New York 16, N. Y., 1960. 109 pages, \$4.75.

This is the second edition of a practical manual on the technique of electrocardiography for technicians and nurses. It is an excellent, easily read book which in the reviewer's opinion is the best available for the beginning technician. It begins with a short, simple account of the circulation and a description of the conduction system of the heart. The electrocardiographic instrument is clearly described

and there are good accounts of such things as standardization, lead selectors, electrodes, stylus, etc. A particularly good account concerns the artifacts which interfere with the proper record and ways in which the technician can recognize them. The actual recording of the electrocardiogram is clearly described and illustrated. There is a short account of exercise tests and vectorcardiography as well as a short bibliography.

This book can be highly recommended as a clear, concise introduction to electrocardiograph technique and will be of special value to the new technician.

MAURICE SOKOLOW, M.D.

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**ANOREXIA NERVOSA—Its History, Psychology, and Biology—A Psychosomatic Medicine Monograph—**Eugene L. Bliss, M.D., Associate Professor of Psychiatry, University of Utah College of Medicine; and C. H. Hardin Branch, M.D., Professor and Head of the Department of Psychiatry, University of Utah College of Medicine. Paul B. Hoeber, Inc., Medical Division of Harper & Brothers, 49 East 33rd Street, New York 16, N. Y., 1960. 210 pages, \$5.50.

This book is built upon an intelligent appraisal of twenty-two patients with anorexia nervosa. Stimulated by their own rich experiences the authors have carefully analyzed and beautifully and clearly reported accounts bearing upon anorexia nervosa from ancient to modern times. There follows a well-organized description of the clinical aspects of anorexia nervosa, including the helpful, common, and unusual features of physical examination, psychodynamic aspects, laboratory and endocrine findings, and treatment. Finally the case reports themselves are excellent illustrations, and the bibliography is extensive.

This book is highly recommended for physicians and students alike, and can be used with great profit to study anorexia per se, for specific reference to look up points of interest in connection with a patient or a research problem, and as a model for the presentation of an intriguing medical problem.

SHERMAN M. MELLINKOFF, M.D.

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**NUMERICAL PROPERTIES OF FUNCTIONS OF MORE THAN ONE INDEPENDENT VARIABLE—**Annals of The New York Academy of Sciences, Volume 86, Art. 3; Pages 677-874. Published by The New York Academy of Sciences, 2 East Sixty-third Street, New York 21, New York, 1960. 197 pages, \$3.00.

This monograph is of interest to graduate mathematicians with a specialized interest in computations and numerical analysis. It contains several papers giving new results in domains of mathematics which are of growing practical importance as a result of the increasing applicability of electronic computers.

LINCOLN E. MOSES, Ph.D.